

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Currently Amended) ~~The~~ A method for regulating the hydraulic resistance of a shock absorber during the operation thereof, which includes forced flow of a hydraulic fluid through ~~the~~ a small open flow ~~areas~~ area from ~~the~~ a blind side towards ~~the~~ a rod end and ~~the other way back from the rod end towards the blind side~~, characterized in that the open flow ~~areas are~~ area is created with varying capacity that is achieved with the use of mutually travelling metering components and is changed through effect of hydraulic pressure differences on the metering components at the blind side and the rod end so that ~~the~~ a capacity decrease is caused by an increase of ~~the~~ load at the shock absorber.

2. (New) A method for regulating the hydraulic resistance of a shock absorber during the operation thereof, comprising:

forcing a hydraulic fluid through a small open flow area from a rod end of a shock absorber to a blind side of the shock absorber, the open flow area having a variable capacity achieved with the use of mutually traveling metering components in the small open flow area;

wherein hydraulic pressure differences on the metering components cause the capacity of the small open flow area to decrease when there is an increase of load at the shock absorber.

3. (New) A method for regulating the hydraulic resistance of a shock absorber during the operation thereof, which includes forced flow of a working fluid through a small open flow area from a blind side towards a rod end and back from the rod end towards the blind side, characterized in that when a pressure difference increases between the rod end and the blind side, a capacity of the open flow area between the rod end and the blind side is reduced by using mutually travelling metering components, wherein at least one of the metering components is moved by applying hydraulic pressure on it, which results in changing mutual overlapping of the metering components, creating a pass with variable capacity.

4. (New) The method according to Claim 3 wherein the variable capacity is created by changing a length of the pass, which is created by changing mutual overlapping of the metering components.

5. (New) The method according to Claim 3 wherein the variable capacity is created by changing a length of the pass and a net area of the pass, which is created by changing mutual overlapping of the metering components.

6. (New) A shock absorber utilizing the method of Claim 3.

7. (New) A vehicle suspension containing the shock absorber of Claim 6.

8. (New) A vehicle containing the shock absorber of Claim 6.